



Butternut Squash and Portabella Mushroom Wild Rice

Ingredients:

- 4 ounces portabella mushrooms
- 2 tablespoons olive oil
- 1 medium sweet onion
- 4 ounces Gorgonzola cheese
- 1 cup wild rice
- 2 cups Arborio rice
- 4 cups cubed butternut squash
- 1 cup dry white cooking wine
- 4 cups chicken stock
- 1-3 tablespoons butter
- ½ cup fresh parsley
- Salt and pepper to taste

Directions:

1. Preheat an oven to 375 degrees F (190 degrees C).
2. Toss the butternut squash and olive oil together in a bowl until the squash is evenly coated. Spread onto a baking sheet.
3. Roast the squash in the preheated oven until tender yet retains its shape, about 30 minutes; set aside.
4. Bring the vegetable stock to a simmer in a saucepan over medium heat.
5. Sauté mushrooms till softened and set aside.
6. Melt the butter in a large skillet over medium heat; when the butter begins to foam, stir the onion into the butter and cook until the onions are soft and golden, 5 to 7 minutes. Stir the wild rice and the Arborio rice through the onions until evenly mixed and coated. Add the white wine and mushrooms to the onion; cook, stirring occasionally, until the liquid has been absorbed, 7 to 10 minutes.
7. Pour enough of the simmering stock mixture into the skillet to cover the rice; cook and stir until the liquid is nearly completely absorbed. Continue adding stock about ¾ cups at a time, allowing each batch to absorb into the mixture before adding the next. Cook and stir until the rice is tender, about 30 minutes total. Add the butternut squash. Quickly stir the Gorgonzola cheese and parsley into the mixture until the risotto is moist and creamy; remove from heat. Season with salt and pepper; serve immediately



Brown Rice and Vegetable Risotto

Ingredients:

- 1 quart veggie stock
- ½ pound asparagus
- 2 tablespoons olive oil
- 1 cup diced onion or shallot
- 2 gloves garlic
- 2 cups short-grain brown rice
- 2 carrots
- 2 zucchini
- ½ cup green peas
- 2/3 cup parmesan cheese
- 1 tablespoon butter
- Salt and pepper to taste

Directions

1. Bring vegetable broth and water to a boil in a saucepan over high heat. Add asparagus, reduce heat to low, and simmer until just tender. Use a slotted spoon to transfer asparagus to a bowl of ice water; let chill for 5 minutes. Drain and set aside. Meanwhile, cover saucepan and keep broth mixture at a near-simmer on low heat.
2. Heat olive oil in large skillet over medium heat. Stir in onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add rice and cook, stirring gently, until toasted and fragrant, 4 to 5 minutes.
3. Pour 1 cup of the hot broth mixture into the rice and cook, stirring constantly, until liquid is almost absorbed. Adjust heat if necessary to maintain a simmer. Repeat, using 1/2 cup liquid at a time, until rice is just beginning to become tender, about 25 minutes.
4. Stir in diced carrots. Continue adding broth and stirring rice mixture until carrots are just tender, about 20 minutes more. Mix in zucchini; if broth mixture gets low, add hot water as needed. Cook and stir, adding broth, until rice is tender, about 5 minutes.
5. Mix in drained asparagus and peas and cook until heated through, 2 to 3 minutes. Add Parmesan and butter, stirring until butter melts. Season to taste with salt and pepper. Pour in an additional 1/2 cup hot broth to the finished risotto for a softer consistency, if desired.